

A stack of several chocolate brownies. The brownies are rich and dark, with visible chunks of nuts and a lighter-colored filling, possibly caramel or cream. A teal-colored circle is overlaid on the center of the stack, containing the text '21 FAT BURNING Comfort Foods'.

**21** FAT  
**BURNING**  
*Comfort Foods*

Diana Keuilian

Copyright © 2015 Keuilian, Inc

All Rights Reserved.

**Disclaimer:** The information contained in this book is for educational purposes only. This content is meant to supplement, not replace, medical advice. Always consult your physician prior to starting a new nutrition plan.

# INTRODUCTION

## Hello Friends,

Welcome to my latest cookbook, 21 Fat-burning Comfort Foods! I'm so happy that you've picked up this book and can't wait to share these new, innovative recipes with you.

In this book, I share 21 of my favorite comfort food dishes and sweet treats, from new cauliflower rice recipes, to spaghetti made with butternut squash noodles, to flourless chocolate cake and homemade Snickers bars!

I'd love to get your feedback on which recipes you and your family loved the most! Reach out to me at [RealHealthyRecipes@gmail.com](mailto:RealHealthyRecipes@gmail.com). Also, let's be friends on [Facebook](#).

Happy Cooking :)

Diana Keulian

**P.S.** 'Like' the [Real Healthy Recipes Facebook Fan Page](#) for support, motivation, healthy eating tips and lots of new recipes!



**Indicates a fat-burning ingredient**

# CONTENTS

1. BLT PASTA SALAD

*Page 5*

2. STUFFED MEATBALLS

*Page 7*

3. ORANGE CASHEW CHICKEN

*Page 9*

4. CHICKEN FAJITA CASSEROLE

*Page 11*

5. BUTTERNUT SQUASH NOODLES

*Page 13*

6. CREAMY CAULIFLOWER SOUP

*Page 15*

7. YELLOW RICE WITH PEAS

*Page 17*

8. ORANGE SPICED RICE

*Page 19*

9. STUFFED PEPPERS

*Page 21*

10. HONEY ROASTED CASHEWS

*Page 23*

11. COCONUT FLOUR TORTILLAS

*Page 25*

12. CASHEW CHEESE

*Page 27*

13. SIMPLE VEGGIE SOUP

*Page 29*

14. REAL HEALTHY SNICKERS

*Page 31*

15. STRAWBERRY MILKSHAKE

*Page 34*

16. CHOCOLATE PUDDING

*Page 36*

17. COCONUT WHIPPED CREAM

*Page 38*

18. STRAWBERRY PARFAIT

*Page 40*

19. FLOURLESS CHOCOLATE CAKE

*Page 42*

20. CHUNKY MONKEY BREAD

*Page 44*

21. MINI MINT CHOCOLATE PIES

*Page 46*

# BLT PASTA SALAD

*Here's an awesomely wholesome way to get your BLT fix. It's part pasta, part salad and 100% delicious!*



# BLT PASTA SALAD

 PREP TIME  
**20 min**

 COOK TIME  
**11 min**

 SERVES  
**8**



CALORIES **297**  
FAT **21g**  
CARBS **13g**  
SODIUM **223mg**  
FIBER **4g**  
PROTEIN **10g**

## Ingredients

---

6 zucchini 


1 head butter lettuce

2 cups basil leaves

Pinch of sea salt


¼ cup pine nuts


¼ cup nutritional yeast

1 teaspoon lemon juice 

¼ cup + 1 teaspoon olive oil 

2 leeks, thinly sliced

4 garlic cloves 

1 cup cherry tomatoes, halved 

½ cup white wine

4 strips bacon, cooked and chopped

## Instructions

---

1. Wash the zucchini and use a veggie peeler to remove the green skin. Run through a spiral slicer to create long, thin noodles. Place the noodles in a large bowl. Thinly chop the lettuce and add to the bowl.
2. In a food processor combine the basil, sea salt, pine nuts, nutritional yeast, lemon juice and ¼ cup olive oil. Pulse until fully combined. Add to the bowl of noodles and lettuce.
3. In a small skillet, heat 1 teaspoon of olive oil over medium. Add the sliced leeks and garlic and sauté for 3 minutes or until soft. Add the cherry tomatoes, stir and cover for 8 minutes, until the tomatoes burst. Season with sea salt and black pepper, add the wine and cook it off. Add to the bowl.
4. Mix the contents of the bowl well and stir in the bacon pieces. Enjoy!

# STUFFED MEATBALLS

*These meatballs are a huge hit with the entire family. I love the fact that the broccoli is mixed in with the meatball, and no one complains about eating their veggies!*



# STUFFED MEATBALLS

 PREP TIME  
**15 min**

 COOK TIME  
**20 min**

 SERVES  
**16**




CALORIES	<b>156</b>
FAT	<b>12g</b>
CARBS	<b>5g</b>
SODIUM	<b>326mg</b>
FIBER	<b>1g</b>
PROTEIN	<b>9g</b>


## Ingredients

---

1 pound loose pork sausage or other ground meat

3 garlic cloves, minced 

1 cup broccoli, minced 

¼ cup blanched almond flour 

2 tablespoons nutritional yeast

½ cup cashew cream cheese (see recipe on page 27)

1 cup spaghetti sauce

## Instructions

---

1. Preheat the oven to 425° F. Line a baking sheet with parchment paper.
2. In a large bowl combine the sausage, garlic, broccoli, almond flour and nutritional yeast. Mix well – it's ok to get your hands dirty!
3. Take the cashew cheese into your hands and form 16 small balls. Take a handful of the meat mixture into your hand, flatten it and place one of the cheese balls in the center, then roll the meat around it. Place on the prepared baking sheet. Continue until all 16 meatballs have been made.
4. Bake for 18-20 minutes, until cooked through. Serve over spaghetti sauce. Enjoy!



# ORANGE CASHEW CHICKEN

*Why get greasy take-out when you can enjoy this homemade savory-sweet chicken dinner? With the use of some fruit-only marmalade and coconut aminos, the chicken takes on that beloved orange chicken flavor. Use the recipe for Honey Roasted Cashews (on page 23) to really amp up the flavor.*



# ORANGE CASHEW CHICKEN

 PREP TIME  
**15min**


 COOK TIME  
**10min**

 SERVES  
**4**



CALORIES **320**  
FAT **19g**  
CARBS **16g**  
SODIUM **868mg**  
FIBER **2g**  
PROTEIN **22g**

## Ingredients

2 tablespoons olive oil 


1 ½ lbs boneless, skinless chicken breast,  
chopped into bite-sized pieces

Sea salt and black pepper

1 red bell pepper, chopped

1 yellow onion, chopped

3 garlic cloves, minced 

1 teaspoon fresh ginger, minced 

¼ cup fruit-only marmalade (St Dalfour is a good one)

1 tablespoon hot sauce

2 tablespoons coconut aminos

½ cup chicken broth

½ cup Honey Roasted Cashews (page 23)

2 green onions, sliced

## Instructions

1. Place a large skillet over medium-high heat and add 1 tablespoon olive oil. Add the chicken and season with salt and pepper, cook until browned - about 5 minutes. Remove the chicken from skillet, set aside on a plate.
2. Add the remaining 1 tablespoon olive oil to the skillet and then add the bell pepper, onion, garlic and ginger. Sauté for 5 minutes, until tender. Add the chicken, marmalade, hot sauce, coconut aminos and chicken broth. Mix well as the sauce thickens. Add the cashews and cook for another minute.
3. Serve over cauliflower rice or quinoa and top with sliced green onions. Enjoy!

# CHICKEN FAJITA CASSEROLE

*This dinner recipe really satisfies when you're hit with a craving for Mexican food. The strips of coconut flour tortillas add heartiness while gluten-free beer makes the chicken tender and tasty. Serve with salsa and guacamole.*



# CHICKEN FAJITA CASSEROLE

 PREP TIME  
**15 min**

 COOK TIME  
**16 min**

 SERVES  
**4**




CALORIES **355**  
FAT **16g**  
CARBS **25g**  
SODIUM **768mg**  
FIBER **5g**  
PROTEIN **14g**

## Ingredients


---

8 coconut flour tortillas (page 19)

Olive oil spray 

1 tablespoon onion powder

1 tablespoon garlic powder


1 tablespoon cumin 

1 tablespoon chili powder

1 teaspoon dried oregano

1 ½ pound chicken breast strips

Sea salt and black pepper


2 tablespoons olive oil 

1 bottle gluten-free beer

1 red bell pepper, thinly sliced

1 green bell pepper, thinly sliced

1 red onion, thinly sliced

4 garlic cloves 

¼ cup cilantro, chopped

1 tablespoon lime juice

Salsa

## Instructions

---

1. Preheat the oven to 400° F. Cut the tortillas into 1-inch-wide strips, coat with olive oil spray and place on a rimmed baking sheet. Bake until crispy, 10 to 12 minutes. Remove from oven, turn on the broiler and move a rack to the center.
2. Combine the spices in a small bowl. Rub over the chicken and season with salt and pepper.
3. Place 1 tablespoon of olive oil in a large skillet over high heat. Add the chicken and sear on each side. Add the beer and cook to reduce, about 2 minutes.
4. Place another skillet over high heat. Add the remaining 1 tablespoon of olive oil. Add the bell peppers, onion and garlic. Cook until the veggies are tender, about 4 minutes. Add the chopped cilantro and lime juice. Season with sea salt and black pepper. Remove from heat.
5. Combine the chicken with the onions and peppers and toss in the tortilla strips. Garnish with lime wedges and salsa. Enjoy!

# BUTTERNUT SQUASH NOODLES

*Here's a whole new way to serve up meaty spaghetti – on noodles made with butternut squash! I love the bright orange color of the noodles and the sauce is oh-so-comforting.*



# BUTTERNUT SQUASH NOODLES

 PREP TIME  
**25 min**

 COOK TIME  
**8 hrs**

 SERVES  
**12**



CALORIES **361**  
FAT **21g**  
CARBS **27g**  
SODIUM **724mg**  
FIBER **4g**  
PROTEIN **22g**


## Ingredients

### For the Butternut Squash Noodles

2 butternut squash


1 tablespoon + 1 teaspoon olive oil 

### For the Spaghetti Sauce

1 pound ground beef 

1 pound loose pork sausage

2 large yellow onions, chopped

2 cloves garlic, minced 

1 (28 oz) can diced tomatoes 

2 cans (15 oz) tomato sauce

1 tablespoon Herbs de Provence (or dried basil)

1 teaspoon dried oregano

½ teaspoon sea salt

½ teaspoon black pepper

½ teaspoon sweet paprika

## Instructions

### For the Butternut Squash Noodles

1. Preheat the oven to 350° F. Cut the narrow part of both squash off and peel off the skin. You should have 2 nice solid pieces of squash (no hollow section). Run this through a spiral slicer to create long, thin noodles. Toss the noodles with 1 teaspoon of olive oil and season with salt and pepper. Spread over a rimmed baking sheet and bake 5-8 minutes, until tender.

### For the Spaghetti Sauce

1. Place 1 tablespoon olive oil in a large skillet over medium heat. Add the beef, sausage, onions and garlic. Cook for about 10 minutes, stirring often, until the sausage is no longer pink.
2. Transfer the contents of the skillet to a slow cooker and add in the remaining sauce ingredients. Stir. Cover and cook on low heat for 8 hours.
3. Serve the warm spaghetti sauce over a pile of tender butternut squash noodles. Enjoy!

# CREAMY CAULIFLOWER SOUP

*Who said dairy lovers get all the fun? Not even close. This recipe uses coconut milk to create a creamy, dreamy cauliflower soup. Feeling like broccoli? Simply swap out the cauliflower for broccoli for creamy broccoli soup.*



# CREAMY CAULIFLOWER SOUP

 PREP TIME  
**20 min**

 COOK TIME  
**70 min**

 SERVES  
**4**




CALORIES **168**  
FAT **15g**  
CARBS **5g**  
SODIUM **578mg**  
FIBER **2g**  
PROTEIN **4g**


## Ingredients

---

1 head garlic, top sliced off

Coconut flour tortilla (page 25)

1 head cauliflower 

2 tablespoons olive oil 

½ cup canned, full fat coconut milk

2 ½ cups organic chicken broth

Sea salt and black pepper

1 tablespoon coconut oil

## Instructions

---

1. Preheat the oven to 400° F. Wrap the garlic head in foil and roast in the oven for 50 minutes.
2. Wash the cauliflower and cut into 2-inch pieces. On a large, rimmed baking sheet combine the cauliflower pieces with the olive oil. Roast in the oven for 20 minutes.
3. In a high-speed blender or food processor, squeeze the roasted garlic out of its skins and add the roasted cauliflower, coconut milk and chicken broth. Blend until smooth. Pour the mixture into a pot and bring to a simmer over medium heat. Season with salt and pepper to taste.
4. Place the coconut oil in a small skillet over high heat. Slice a coconut flour tortilla into thin strips and add to the skillet. Cook, stirring occasionally, until browned. Remove from skillet and blot with a paper towel to remove excess oil.
5. Serve bowls of soup with a handful of crispy tortilla strips and a sprinkle of salt and pepper. Enjoy!



# YELLOW RICE WITH PEAS

*Cauliflower rice is so much fun! I love serving it to friends and family and then watching their reaction when told that what they are eating is actually just cauliflower, and not high-carb rice. Adding different flavors (and natural color!) keeps cauliflower rice new and exciting.*



# YELLOW RICE WITH PEAS

 PREP TIME  
**20 min**

 COOK TIME  
**8 min**





 SERVES  
**4**



CALORIES	<b>103</b>
FAT	<b>4g</b>
CARBS	<b>15g</b>
SODIUM	<b>28mg</b>
FIBER	<b>5g</b>
PROTEIN	<b>5g</b>

## Ingredients

---

- 1 head cauliflower 
- 1 tablespoon olive oil 
- 1 yellow onion, chopped
- 2 garlic cloves, minced 
- Pinch of ground cinnamon 
- 1 teaspoon ground turmeric
- 1 cup frozen peas

## Instructions

---

1. Wash the cauliflower, discard the leaves and chop into small pieces. Grate the pieces with a food processor.
2. In a large skillet heat the olive oil over medium. Add the onions and garlic. Sauté for 3 minutes until soft. Mix in the shredded cauliflower, cinnamon, turmeric and peas until fully combine and continue to sauté for 5 minutes, until tender.
3. Season with salt and pepper. Serve as you would traditional rice. Enjoy!

# ORANGE SPICED RICE

*Here's the perfect rice to serve with your Chinese-inspired dishes, like orange cashew chicken. I mixed some red quinoa in with the cauliflower rice to make it a bit more colorful and hearty. If you'd like, feel free to leave the quinoa out.*



# ORANGE SPICED RICE

 PREP TIME  
**25min**

 COOK TIME  
**8hrs**


 SERVES  
**8**



CALORIES **103**  
FAT **4g**  
CARBS **15g**  
SODIUM **28mg**  
FIBER **5g**  
PROTEIN **5g**

## Ingredients

---

- 1 head cauliflower
- 1 tablespoon olive oil 
- 1 red onion, chopped
- 1 orange, juice and zest
- ¼ cup white wine
- 2 tablespoons coconut aminos
- 1 teaspoon Chinese five-spice powder
- 2 cups cooked, red quinoa
- 3 green onions

## Instructions

---

1. Wash the cauliflower, discard the leaves, and chop into small pieces. Grate the pieces with a food processor.
2. In a large skillet heat the olive oil over medium. Add the onion. Sauté for 3 minutes until soft. Mix in the shredded cauliflower, orange zest and juice, wine, coconut aminos and Chinese 5-spice powder until fully combined and continue to sauté for 5 minutes, until tender. Stir in the cooked red quinoa.
3. Season with salt and pepper. Serve as you would traditional rice, topped with sliced green onions. Enjoy!

# STUFFED PEPPERS

*Mmmm... stuffed peppers are one of my favorite comfort food recipes! It really fills you up without the carbs and sugars of most traditional comfort foods. Now that's guilt-free eating!*



# STUFFED PEPPERS

 PREP TIME  
**25min**

 COOK TIME  
**35min**

 SERVES  
**8**



CALORIES	<b>340</b>
FAT	<b>23g</b>
CARBS	<b>15g</b>
SODIUM	<b>462mg</b>
FIBER	<b>3g</b>
PROTEIN	<b>18g</b>

## Ingredients


4 bell peppers


½ cup walnuts

1 (13.66 ounce) can coconut milk, full fat


Zest from 1 orange

Sea salt and black pepper

2 tablespoons olive oil 


1 pound ground beef 

1 yellow onion, chopped

4 garlic cloves, minced 

2 teaspoons ground cumin 

2 teaspoons sweet paprika

½ teaspoon ground cinnamon 

2 tablespoons tomato paste

¼ cup golden raisins

1 cup beef broth

¼ cup pomegranate seeds

## Instructions

1. Rub the bell peppers with a little olive oil and place in a grill pan over medium-high heat. Rotate to blacken each side. Once all sides are blackened, remove from heat and place in a paper bag. Crimp the bag closed and set aside.
2. Grind the walnuts to a powder, using a food processor. Combine the ground walnuts, coconut milk, orange zest and a sprinkle of salt and pepper in a small skillet. Bring the mixture to a boil and then reduce to a simmer. Continue to simmer, stirring occasionally, until the mixture has become creamy.
3. Place a large skillet over medium-high heat. Add the olive oil, beef, onions and garlic. Use a spoon to break up the beef as it browns. Once the beef is browned add the cumin, paprika, cinnamon, tomato paste, raisins and beef broth. Continue to cook until the mixture thickens, about 2 minutes.
4. Remove the bell peppers from the paper bag and peel the charred skin off. Halve and seed the peppers and place, face up, in a casserole pan. Fill the peppers with a generous scoop of the meat mixture. Top with the cream sauce and a sprinkle of pomegranate seeds. Enjoy!

# HONEY ROASTED CASHEWS

*Yummy, yummy, yummy in my tummy. These honey roasted cashews are incredibly simple to make and create the perfect sweet-savor snack. Take a bag on your next hike or to the movies.*



# HONEY ROASTED CASHEWS

 PREP TIME  
**5 min**

 COOK TIME  
**15 min**

 SERVES  
**16**



CALORIES	<b>181</b>
FAT	<b>12g</b>
CARBS	<b>16g</b>
SODIUM	<b>150mg</b>
FIBER	<b>1g</b>
PROTEIN	<b>5g</b>

## Ingredients

---

¼ cup raw honey

4 cups cashews

¼ cup coconut palm sugar

1 teaspoon sea salt

## Instructions

---

1. Preheat oven to 325° F. Line a rimmed baking sheet with parchment paper.
2. In a large skillet melt the honey over low heat. Mix in the cashews. Spread over the baking sheet and roast for 10 minutes. Remove from oven and cool.
3. Combine the coconut palm sugar and sea salt in a large bowl. Add the cashews and toss to evenly coat. Spread over parchment paper to fully cool. Enjoy!



# COCONUT FLOUR TORTILLAS

*Coconut flour tortillas are a staple in my kitchen. I make a batch nearly every week and have a big stack of them ready to grab in the fridge.*



# COCONUT FLOUR TORTILLAS

 PREP TIME  
**5min**

 COOK TIME  
**15min**


 SERVES  
**12**



CALORIES	<b>100</b>
FAT	<b>9g</b>
CARBS	<b>2g</b>
SODIUM	<b>117mg</b>
FIBER	<b>1g</b>
PROTEIN	<b>5g</b>

## Ingredients

---

6 eggs 

1 (13.66 ounce) can of coconut milk, full fat

¼ cup coconut flour

¼ cup flax meal

½ teaspoon baking powder

½ teaspoon salt

1 packet Stevia (optional)

## Instructions

---

1. Preheat a medium-sized, non-stick skillet over medium-low heat.
2. Combine all of the ingredients in a high-speed blender and mix until smooth.
3. Coat the skillet with coconut oil. Pour ⅓ cup of batter into the skillet in a large tortilla shape. Allow to cook until set, then flip to brown the other side. Repeat with all of the batter. Should make 12 tortillas.

# CASHEW CHEESE

*Dairy-free no longer has to mean cheese-free with this creamy, cashew-based recipe. I use this cashew cheese on everything from coconut flour tortillas to meatballs.*



# CASHEW CHEESE

 PREP TIME  
**15min**

 SERVES  
**16**





CALORIES	<b>90</b>
FAT	<b>8g</b>
CARBS	<b>2g</b>
SODIUM	<b>50mg</b>
FIBER	<b>1/2g</b>
PROTEIN	<b>2g</b>

## Ingredients

---

1 cup raw cashews

1 tablespoon lemon juice 

1 tablespoon water 

1/4 cup olive oil 

1/2 teaspoon sea salt

1/4 teaspoon onion powder

1/4 teaspoon sweet paprika

1 teaspoon of garlic, minced

Dash of black pepper

## Instructions

---

1. Place the cashews in hot water and soak for 10 minutes and then discard the water.
2. Combine all of the ingredients in a food processor and pulse until smooth and creamy. May take 5 minutes or longer, so be patient and wait until it's really creamy.

# SIMPLE VEGGIE SOUP

*This recipe really is simple, but sometimes it's the simplest of dishes that bring us the most comfort. Make this soup on a day when you aren't feeling your best or for a friend who is under the weather. The vegetables below are just suggestions – use whatever fresh, seasonal veggies you have.*



# SIMPLE VEGGIE SOUP

 PREP TIME  
**15 min**

 COOK TIME  
**36 min**

 SERVES  
**6**



CALORIES **84**  
FAT **3g**  
CARBS **14g**  
SODIUM **840mg**  
FIBER **4g**  
PROTEIN **2g**

## Ingredients

---

- 1 tablespoon olive oil 🔥
- 3 cloves garlic, minced 🔥
- 1 yellow onion, chopped
- 1 butternut squash, chopped
- 3 carrots, sliced
- 2 celery stalks, sliced
- 2 zucchini, sliced into half moons 🔥
- 1 red bell pepper, chopped
- 6 cups chicken broth
- 2 tablespoons fresh thyme
- 2 bay leaves
- Sea salt and black pepper

## Instructions

---

1. In a large soup pot heat the olive oil over medium-high heat. Add the garlic and onion and cook for 3 minutes. Add the squash, carrots and celery and cook for 5 minutes, stirring often. Add the zucchini and bell pepper and cook for 3 minutes.
2. Add the remaining ingredients and cover, simmering for 20 minutes. Remove the bay leaf, season with salt and pepper and serve warm. Enjoy!

# REAL HEALTHY SNICKERS

*Heehee. This recipe is really, really fun. It's also a treat – only to be eaten occasionally! By using wholesome, real food ingredients, this recipe makes it possible to create a homemade snickers bar that not only tastes amazing but is also filled with energy-promoting nutrients.*



# REAL HEALTHY SNICKERS

 PREP TIME  
**45min**

 COOK TIME  
**10min**

 SERVES  
**24**



CALORIES **190**  
FAT **11g**  
CARBS **23g**  
SODIUM **86mg**  
FIBER **2g**  
PROTEIN **1g**

## Ingredients

---

### For the Chocolate Layer

2 cups dark chocolate, 73% cocoa or higher

3 tablespoons coconut oil

### For the Cookie Layer

2 ½ cup raw pecans, toasted

8 dates, pitted and soaked in hot water for 10 minutes

2 tablespoons blanched almond flour 🔥

1 teaspoon coconut flour

¼ teaspoon sea salt

¼ cup coconut palm sugar

3 tablespoons coconut oil, melted

### For the Caramel Layer

1 cup coconut palm sugar

¼ cup canned coconut milk, full fat

2 tablespoons coconut oil

Pinch of sea salt

1 tablespoon vanilla extract

½ teaspoon baking soda

½ cup dry roasted macadamia nuts, chopped

## Instructions

---

### Chocolate Layer

1. Place the chocolate and coconut oil in a medium pot, and place the pot in a skillet with a few inches of water, over medium heat. Use a spoon to stir the chocolate mixture until smooth. Remove from heat.



### **Cookie Layer**

1. Preheat the oven to 350° F. Spread the pecans over a rimmed baking sheet and roast for 8-10 minutes, until toasted. Meanwhile, place the dates in a cup of hot water and soak for 10 minutes. Discard the water.
2. Place the toasted pecans in a food processor and pulse until fine. Add the dates and remaining cookie layer ingredients. Pulse until the dough forms.

### **Caramel Layer**

1. In a skillet over medium heat, mix the coconut palm sugar, coconut milk, coconut oil, sea salt and vanilla extract. Once the mixture begins to boil, reduce the heat to low and continue to cook, stirring often for 5 minutes.
2. Remove the skillet from the heat, and whisk in the baking soda. Mixture will turn a lighter color and become creamy. Return to a low heat and cook, mixing often, for 2 minutes.
3. Remove the caramel from heat and allow to cool and thicken for 5 minutes.

### **Real Healthy Snickers Bars**

1. Line the bottom and sides of an 8x8 pan with parchment paper so that the parchment paper sticks up over the sides. (These will be your handles to easily pull the snickers bar from the pan once completed.) Lightly rub with coconut oil.
2. Pour half of the chocolate layer into the bottom of the pan. Place in the freezer for 10 minutes.
3. Sprinkle the cookie layer over the hardened chocolate layer. Press down to create an even layer of dough. Place in the freezer for 5 minutes to harden.
4. Pour the caramel layer over the cookie layer. Spread to evenly coat. Sprinkle with the chopped macadamia nuts. Pour the remaining chocolate over the top of the nuts and carefully spread to evenly cover. Place in the freezer for 10 minutes, until the top chocolate layer hardens.
5. Pull on the parchment papers that are sticking up to remove the whole pan of snickers bars. Place on a cutting board and use a knife to carefully cut into bite-sized bars. Enjoy!

# STRAWBERRY MILKSHAKE

*Going dairy and refined sugar-free doesn't mean that you have to skip out on refreshing frozen beverages. Canned coconut milk, fresh fruit and a sprinkle of coconut palm sugar make as sweet and creamy a beverage as you'd ever want.*



# STRAWBERRY MILKSHAKE

 PREP TIME  
5 min

 SERVES  
4



CALORIES	298
FAT	21g
CARBS	29g
SODIUM	34mg
FIBER	2g
PROTEIN	3g

## Ingredients


---

1 (13.66 ounce) cans of coconut milk, full fat

2 frozen bananas

3 tablespoons coconut palm sugar

1 tablespoon vanilla extract

1 cup strawberries, hulled and sliced 

## Instructions

---

1. Chill the coconut milk overnight. Turn the can over and open from the bottom side. Drain out and discard the liquid (or use for something else) and scoop out the creamy coconut.
2. Combine the creamy coconut with the remaining ingredients in a high-speed blender. Blend until smooth. Serve immediately. Enjoy!

# CHOCOLATE PUDDING

*It's creamy, it's dreamy, it's chocolate pudding. Let's face it, some days require chocolate, so it's a good idea to have many chocolate-filled recipes in your back pocket. It's possible to swap out the coconut milk cream for 2 ripe avocados if you have some on hand.*



# CHOCOLATE PUDDING

PREP TIME  
**15 min**

CHILL  
OVERNIGHT

SERVES  
**8**



CALORIES **259**  
FAT **13g**  
CARBS **40g**  
SODIUM **44mg**  
FIBER **4g**  
PROTEIN **3g**

## Ingredients

1 can (13.66 ounce) coconut milk, full fat – chilled and drained

1/4 cup unsweetened cocoa powder

2 tablespoons raw honey

2 tablespoons almond butter 🔥

1/2 cup dark chocolate, 73% or higher, melted

1 teaspoon vanilla extract

Pinch of sea salt

Coconut whipped cream (page 38)

## Instructions

1. Chill the coconut milk in the fridge overnight. Carefully turn over and open from the bottom. Drain out the coconut water. Scrape the creamy coconut milk into a food processor.
2. Add the remaining ingredients to the food processor and blend until creamy.
3. Chill and serve with a dollop of coconut whipped cream. Enjoy!


# COCONUT WHIPPED CREAM

*Here you go, something creamy and sweet to top off your awesome fat-burning desserts.  
You're welcome :)*



# COCONUT WHIPPED CREAM

 PREP TIME  
**15 min**

 CHILL  
OVERNIGHT

 SERVES  
**16**



CALORIES	<b>162</b>
FAT	<b>10g</b>
CARBS	<b>19mg</b>
SODIUM	<b>22mg</b>
FIBER	<b>0g</b>
PROTEIN	<b>1g</b>

## Ingredients

---

2 (13.66 ounce) cans of coconut milk, full fat      Pinch of sea salt  
¼ cup raw honey  
1 tablespoon vanilla extract  
½ teaspoon almond extract  
1 tablespoon coconut oil, melted

## Instructions

---

1. Chill the cans of coconut milk in the fridge overnight. Do NOT shake the cans up at all - ever! Carefully turn the cans over and open from the bottom. Drain out the liquid and scoop the white cream into a bowl. Discard the liquid.
2. Combine all of the ingredients in a mixing bowl. Beat with an electric whisk. Whip until creamy. Keep chilled. Enjoy!

# STRAWBERRY PARFAIT

*What to do with that flourless chocolate cake that's leftover from yesterday? Hmm... let's turn it into an awesome, layered strawberry parfait. Yummy.*





# STRAWBERRY PARFAIT

 PREP TIME  
**15min**


 SERVES  
**1**



CALORIES	<b>417</b>
FAT	<b>31g</b>
CARBS	<b>35mg</b>
SODIUM	<b>43mg</b>
FIBER	<b>3g</b>
PROTEIN	<b>5g</b>

## Ingredients

---

1 cup strawberries 

½ cup coconut whipped cream (page 38)

1 slice flourless chocolate cake, chopped (page 42)

## Instructions

---

1. Stem and chop the strawberries.
2. Fill your parfait glass with a layer of strawberries, a layer of chopped chocolate cake and a layer of coconut whipped cream. Repeat the layers a second time and top with a whole strawberry. Enjoy!

# FLOURLESS CHOCOLATE CAKE

*As you might have guessed, it's pretty easy to make a gluten-free flourless chocolate cake...hee-hee! Instead of refined sugar we are using raw honey and instead of butter we are using coconut oil. Just another way to add more nutrients and reduce the overall carb and sugar count of the dish.*



# FLOURLESS CHOCOLATE CAKE

 PREP TIME  
**45min**

 COOK TIME  
**10min**

 SERVES  
**24**



CALORIES	<b>255</b>
FAT	<b>21g</b>
CARBS	<b>16g</b>
SODIUM	<b>21mg</b>
FIBER	<b>3g</b>
PROTEIN	<b>4g</b>

## Ingredients

---

15 ounce solid dark chocolate, 73% cocoa or higher

1 cup + 3 tablespoons coconut oil

½ cup + 1 tablespoon raw honey

6 eggs 

1 cup unsweetened cocoa powder

1 tablespoon coconut milk, full fat

¼ teaspoon vanilla extract

## Instructions

---

1. Preheat the oven to 350° F. Line the bottom of a 9-inch springform pan with parchment paper and spray with coconut oil. If you don't have a springform pan, cut long strips of parchment to line the sides of the pan. Spray it all with coconut oil.
2. In a double boiler, melt down 10 ounce of the chocolate. Add 1 cup of coconut oil and ½ cup raw honey. Stir until melted and smooth. Remove from heat and cool.
3. Add the cocoa powder to the chocolate mixture. Stir until smooth. Add in the eggs. Pour the batter into the prepared pan and bake for 25-30 minutes, until just firm in the center. Cool for 10 minutes then invert on a cake plate.
4. In a double boiler, melt down the remaining 5 ounce of chocolate. Add the 3 tablespoons of coconut oil and 1 tablespoon of honey. Mix until smooth. Remove from heat. Stir in the coconut milk and vanilla extract.
5. Spread the chocolate glaze over the cake and garnish with pomegranate seeds. Chill for 60 minutes before slicing. Enjoy!

# CHUNKY MONKEY BREAD

*This chunky monkey bread is my new favorite sweet indulgence to bake for a delicious after-school snack or a quick, on-the-go tasty breakfast. The dark chocolate and minimal amount of coconut palm sugar make this bread very mildly sweet, with the comforting flavors of banana and walnut shining through.*



# CHUNKY MONKEY BREAD

 PREP TIME  
**10 min**

 COOK TIME  
**45 min**

 SERVES  
**16**



CALORIES **187**  
FAT **12g**  
CARBS **17g**  
SODIUM **71mg**  
FIBER **3g**  
PROTEIN **3g**

## Ingredients

---

½ cup coconut flour

½ cup arrowroot starch


1 teaspoon baking soda

½ cup coconut oil, melted gently

⅓ cup coconut sugar

3 bananas, mashed

1 teaspoon vanilla extract

4 organic, free range eggs 

½ cup dark chocolate, 73% cocoa or higher, roughly chopped

½ cup walnuts, chopped

## Instructions

---

1. Preheat the oven to 350° F. Lightly grease a loaf pan with coconut oil .
2. In a medium mixing bowl, combine the coconut flour, arrowroot starch and baking soda. In another medium bowl combine the coconut oil, coconut sugar, mashed bananas, vanilla and eggs. Mix well.
3. Add the dry ingredients to the wet ones, then fold in the chocolate and walnuts. Pour the batter into the prepared loaf pan and smooth out the top. Bake for 35-45 minutes, until golden on top and cooked through.

# MINI MINT CHOCOLATE PIES

*This dessert recipe is a product of my raw vegan days, as so many of my summer dessert recipes are. No need to turn on a hot oven for this refreshing treat — just need a good food processor and an ice cream maker.*



# MINI MINT CHOCOLATE PIES

 PREP TIME  
**30min**

 SERVES  
**6**




CALORIES **187**  
FAT **12g**  
CARBS **17g**  
SODIUM **71mg**  
FIBER **3g**  
PROTEIN **3g**

## Ingredients

---

### For the No-Bake Chocolate Crust

1 cup blanched almond flour   
¼ teaspoon sea salt  
½ cup dates, pitted  
1 tablespoon coconut oil  
¼ cup unsweetened cocoa powder

### For the Mint Chip Ice Cream

2 (13.66 ounce) cans of coconut milk, full fat  
2 frozen bananas, peeled  
3 tablespoons coconut palm sugar  
1 teaspoon peppermint extract  
2 tablespoons mini chocolate chips  
Handful fresh mint leaves

## Instructions

---

1. Combine all of the crust ingredients in a food processor. Blend until smooth. Press into 6 mini foil pie pans.
2. Chill the cans of coconut milk overnight. Turn the cans over and use a can opener to remove the bottom of the cans. Carefully drain the liquid, then scoop out the creamy coconut.
3. Place the creamy coconut from each can in a high-speed blender, along with the frozen bananas, coconut palm sugar and peppermint extract.
4. Pour the coconut mixture into an ice cream machine until frozen and creamy.
5. Smooth the ice cream into the mini crusts. Top with a sprinkle of mini chocolate chips and a mint sprig. Serve immediately or keep in the freezer. Enjoy!



I hope you've enjoyed 21 Fat-Burning Comfort Foods as much as I enjoyed creating it! If you'd like more of my recipes, check out my blog, [RealHealthyRecipes.com](http://RealHealthyRecipes.com).

And let's be friends! Like the [Real Healthy Recipes Facebook Fan Page](#) for ongoing tips, support, motivation and healthy recipes.

Happy Cooking :)  
Diana Keuilian

P.S. Which of these 21 recipes were your favorite? I'd love to hear from you! Give me a shout out on the [Real Healthy Recipes Facebook Fan Page](#) :).